

See a Ladies First participating doctor for

FREE!*



“This is just the kind of help I’ve been looking for!”
Aloyse Rowley, Burlington

**Mammograms,
Pap tests and
screenings for
cholesterol, blood
pressure and more...**

***Eligibility is based on:**

- Vermont residency
- Age
- Number in household
- Income
- See back for covered services.

*The Cardiovascular component of the Program is offered to eligible members as a one time series. A series includes: An initial cardiovascular screening, a diagnostic follow-up (if needed), up to 3 interventions, and a follow-up screening.

Please note women with VHAP, Medicaid and Medicare Part B are not eligible for Ladies First

If you have primary insurance coverage, the insurance will be billed first and you may have to pay a co-pay and/or your deductible (if applicable) for your visits and/or test(s).

**Call Kate today at:
1-800-508-2222
TDD: 1-800-319-3141**

**Gross Income for Year 2006
(before taxes)**

Number in Household	Yearly	Monthly
1	\$24,500	\$2,042
2	\$33,000	\$2,750
3	\$41,500	\$3,458
4	\$50,000	\$4,167
5	\$67,000	\$4,875
6	\$67,000	\$5,583
7	\$75,500	\$6,292
8	\$84,000	\$7,000

For each additional person add \$8,500 to yearly income.

Number in household is anyone living in the household that is related by marriage, civil union, or a dependent child related by birth or adoption.



SERVICES for eligible Vermont women

	Age 18–39 (with breast symptoms or abnormal Pap)	Age 40 or older
Screening		
Breast	<ul style="list-style-type: none"> • Clinical breast exam • Breast self-exam instruction • Screening mammogram 	<ul style="list-style-type: none"> • In-office breast exam • Breast self-exam instruction • Screening mammogram
Cervical	<ul style="list-style-type: none"> • Pelvic exam • Pap smear 	<ul style="list-style-type: none"> • Pelvic exam • Pap test
Cardiovascular*	Not available	<ul style="list-style-type: none"> • Blood pressure check • Total cholesterol • Body Mass Index (BMI) • Diabetic Screening (Glucose)
Diagnostic		
Breast	<ul style="list-style-type: none"> • Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy 	<ul style="list-style-type: none"> • Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy
Cervical	<ul style="list-style-type: none"> • Colposcopy • Other diagnostic tests 	<ul style="list-style-type: none"> • Colposcopy • Other diagnostic tests
Cardiovascular*	Not available	<ul style="list-style-type: none"> • Follow-up glucose • Follow-up cholesterol • Lipid panel
And More		
Breast	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible 	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible
Cervical	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible 	<ul style="list-style-type: none"> • Referral to Medicaid Treatment Act, if eligible
Cardiovascular*	Not available	<ul style="list-style-type: none"> • Goal setting for nutrition and physical activity with a Vermont Department of Health nutritionist • Help to quit smoking, with counseling, free patches, lozenges or gum

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March 2006